NOT GUILTY

MAJOR-LEAGUE PITCHING GREAT ROGER CLEMENS ACQUITTED ON OBSTRUCTION AND PERJURY CHARGES PAGE 15

FRIDAY'S DRAW
$50 MILLION estimated + 20 MAXMILLIONS estimated
Lotto MAX

LONDON metro®
Tuesday, June 19, 2012
News worth sharing.
metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

SOME LIKE IT COLD

Alex Macdonald, 23, of Toronto orders a cool treat at Merla-Mae Ice Cream Parlour (1080 Adelaide St. N.) on Monday. Although Londoners endured a moderate high of 27 C, Tuesday's and Wednesday's projected highs of 32 and 33 C prompted the Middlesex-London Health Unit to issue its second extreme-heat alert of the year. Story, page 4. JOHN MATISZ/METRO

Check the Net: Mayor

London.ca. Toronto firm touted for city website overhaul

ANGELA MULLINS
angela.mullins@metronews.ca

City staff have been asked to double-check Microsoft's claim that no local companies are qualified to work with its SharePoint software to overhaul London's website.

"I like to think of our city as being an IT centre of excellence," Mayor Joe Fontana said. "I find it incredible to hear we don't have anybody else that has that level of expertise."

The request came during a Monday finance and administration committee meeting that saw councillors give preliminary approval to Toronto-based Infusion Inc. to rebuild london.ca. Infusion was chosen after a list of SharePoint-certified companies provided by Microsoft turned up no Londoners, said John Edward, the city's chief technology officer. Fontana said he wants to be "unequivocally" sure Microsoft's listings are up-to-date before making a final decision on June 26. The website work has been pegged at $360,183.

Infusion is considered an expert in the field and has been hired by several municipalities that use SharePoint. "Based on my research, they are one of the best in the world," Edward said. Infusion representatives would spend several months in London training staff.

Right now, the city's web portal operates through FrontPage, which officials say is outdated and no longer supported by Microsoft. If the site were to crash, there's a chance it couldn't be restored, they say.

MORE COUNCIL NEWS, PAGE 3

Also on Monday

The planning and environment committee:

- Fielded a study projecting population growth of 0.93 per cent a year through 2041.
- Received a revised development plan for the city's southwest. It's online at london.ca.
- Considered a zoning change that would let Western Fair District build a parking lot at Rectory and King streets.

LONDON RIPPERS PROFESSIONAL BASEBALL
VS. CROSSROADS CRUSHERS
WED JUNE 20
THURS JUNE 21
FRI JUNE 22
GET RIPPED
LONDONRIPPERS.COM

"No fuss, no muss! Awesome and affordable phones. Period."

– LeRoi L. of Toronto
WIND CUSTOMER SINCE MAY 2011

THAT'S THE POWER OF

WIND™

FROM JUNE 19 – 25TH

SMARTPHONES AT A STUPID PRICE

$0 on WINDtab™

HTC Radar™ 4G | BlackBerry® Torch™ 9810 | Samsung Galaxy Nexus™ | HTC Amaze™ 4G | BlackBerry® Bold™ 9790

When you join our monthly plan

$40 UNLIMITED CANADA-WIDE TALK + TEXT + DATA

From anywhere on our network to anywhere in Canada.

NO TERM CONTRACT. NO HIDDEN FEES.

Learn more at

WINDmobile.ca

Offer available for a limited time and while quantities last. Phones must be purchased with WINDtab and activated at time of purchase on our $40 plan. Other conditions apply. All services subject to our standard terms of service. Learn more at WINDmobile.ca. BlackBerry® and related trademarks, names and logos are property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Samsung and Galaxy are trademarks of Samsung Electronics Canada, Inc. and/or its related entities and are used with permission. Screen images simulated. Google, Nexus and Android are trademarks of Google Inc. WIND and WIND Mobile are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © WIND Mobile 2012. All other trademarks are property of their respective owners.

London may be bike friendly, but could it be even safer?

Cycling fatalities. Report says every single death in Ontario from 2006 to 2010 was preventable

JOHN MATISZ
john.matisz@metronews.ca

As Ontario motorists and cyclists, could we have saved 129 people?

That's what the office of the chief coroner is suggesting. From January 2006 to December 2010, every single cycling-related accident in the province could have been prevented, says a release from the Ontario Ministry of Community Safety and Correctional Services.

"I think everybody needs to take a deep breath and count to 10," said Eleanor McMahon, founder of a provincial cycling-advocacy organization, Share the Road. "Too many times we point the finger at each other — the cyclist, the motorist — and it should be about everyone getting home safe."

McMahon, also a member of the review team that produced the coroner's report, supports one of its key recommendations: Implementing a provincewide law that would make wearing helmets mandatory.

As it stands now, cyclists under the age of 18 must wear protective headgear, but helmets are optional for those 18 and over.

"It's not a silver-bullet solution," she said, adding the law would be a good first step. Increased awareness and better use of common sense, she says, are also essential in minimizing the number of cyclist-related deaths per year.

3 key recommendations

- Develop Ontario Cycling Plan to establish provincial vision.
- Implement a comprehensive public-education program.
- Provide cycling-safety information to any new bike owners.

There have been 52 cyclist-motorist collisions in London so far in 2012, according to police. July 2011 was the last time a cycling fatality was recorded in the area.

"What we determined from the most recent fatality is that the person probably would have survived had they been wearing a helmet," said Sgt. Ryan Scrivens, leader of the traffic-management unit of the London Police Service.

Last year, London was granted official "bicycle-friendly" status by Share the Road. The Forest City was one of four communities across Ontario recognized as a municipal trendsetter.

Megan Georgieff, a public-health nurse at Middlesex-Health Unit specializing in injury prevention, says current helmet legislation doesn't put a big enough scare into some adult riders. That is why community-awareness programs are so crucial, and work in the London area is far from over.

"With children, they're more likely to wear a helmet if their parents are already," Georgieff said. "No one can force adults to wear a helmet right now."

Follow John Matisz on Twitter @Metro_JMatisz

Recreational cyclist Jason Recker, 42, of London heads into Ivey Park on Monday afternoon. A report from the office of the chief coroner shows 86 per cent of the cyclists killed from 2006 to 2010 were men. JOHN MATISZ/METRO

Outdoor concerts. Public can weigh in on Tuesday

Three groups have asked to make their voices heard during a Tuesday public-participation meeting about the length and volume of outdoor concerts.

Two — the Home County Music and Art Festival and the student union at Fanshawe College — support increasing the 90-decibel limit.

Fanshawe favours a 100-decibel cutoff and also wants the 11 p.m. curfew extended to midnight, according to a letter from operations manger John Young. Home County organizers are recommending a range of 85 to 100 decibels with the curfew staying the same.

The range better reflects "the peaks and valleys inevitable with live music presentations," Catherine McInnes, the festival's artistic director, wrote in a letter to councillors.

"That said, the festival intends to continue to aim to stay within the 90 (decibel) range."

Music during the 2011 event hit 95.3 decibels, according to city records, and organizers lost their $500 noise deposit. It was the first time Home County had exceeded the limit, McInnes says.

Waterloo Street residents have written a letter opposing changes, noting the impact louder music could have on people living in senior citizen complexes and young children near Victoria Park.

The meeting is at 7 p.m. in committee rooms 1 and 2 at city hall. ANGELA MULLINS/METRO

City hall council committee meetings

Public safety, 4 p.m., Tuesday

- Hear Ontario Convenience Store Association concerns about contraband tobacco sales.
- Receive a bylaw-enforcement report that shows complaints have increased by 280 through May 2012 compared to the same time last year. Officers have cleaned up 230 properties, more than twice the number through May 2011. The Fleming Drive riot in March was factor, officials say.

Civic works, 4 p.m., Tuesday

- Receive a letter from London Transit general manager Larry Ducharme, saying the city should cover the cost if buses are removed from Dundas Street between Wellington and Ridout.
- Receive a transportation plan, mapping the city through 2030. The plan puts an emphasis on asking the federal and provincial governments for money to create a $340-million rapid-transit bus network.

Missing

OPP search for Norwich man

Oxford County OPP are asking for the public's help as they search for a missing man.

Police say Steve Ondo, 78, shown at left, was last seen leaving his home in Norwich around 7 p.m. Sunday night. He was driving a 2001 green Dodge Caravan with Ontario licence plate AJZM 767.

If you have any information, contact Oxford County OPP at 1-519-688-6540 or Crime Stoppers at 1-800-222-8477. AM980/AM980.CA

1 NEWS

On the web

Obesity surgery linked with alcohol abuse

Maybe looking good really does come with a price. A new study found the most common type of obesity surgery may increase patients' chances of abusing alcohol. Go to metronews.ca to read the entire story.

Nuns set wheels of protest in motion

Not even the Vatican can keep nuns from voicing their thoughts after a group of Roman Catholic nuns began a U.S. bus tour protesting proposed federal budget cuts Monday, defying recent Vatican criticisms of socially active nuns. Go to metronews.ca to read the entire story.

Mobile news

Facebook just got a whole lot more tech savvy after purchasing a facial-recognition technology company that helps people tag photos on the web by figuring out who is in them. Scan the code to read more.

Summer starts with a sizzle

Heat. Season officially begins Thursday as blistering weather settles over London

ANGELA MULLINS
angela.mullins@metronews.ca

Expected highs

- Tuesday: 32 C
- Wednesday: 33 C
- Thursday: 33 C
- Friday: 26 C

If you like it hot, this one's for you.

The heat wave Environment Canada has been warning about since the weekend is hitting full stride.

Highs above 30 C are expected to boost the mercury Tuesday, Wednesday and Thursday. Humidex values will make the temperature feel somewhere along the lines of 40 C, meteorologist Geoff Coulson said.

"Even overnight lows … we're still looking at potential temperatures in the low 20s and humidex at 30 or so," he said.

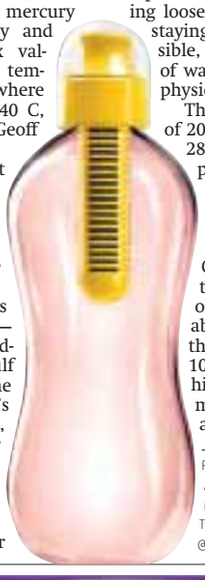
South winds blowing warm air — and plenty of humidity — from the Gulf of Mexico are at the weather system's roots. Pretty typical, Coulson said, for what one might expect in southwest Ontario.

"This is (the) area that we tap into for the warm and humid episodes that we get."

The Middlesex-London Health Unit has issued its second extreme-heat alert of the year, urging people to take precautions like choosing loose-fitting clothing, staying indoors if possible, drinking plenty of water and limiting physical activity.

The first heat alert of 2012 came on May 28 when the temperature topped out at 31 C with high humidity.

According to Environment Canada records, there's been only one day at or above 30 C so far this month — June 10. The average high so far this month stands at about 24 C.



Follow Angela Mullins on Twitter @MetroAngela

A degree of success for UWO grads

Bailey Griffin, 22, is all smiles Monday after being handed her Western University diploma by Kent Robinson, undergraduate academics co-ordinator for the school of health studies. Griffin, a native of Prince Edward Island, earned her bachelor's degree in health sciences. UWO's spring graduation ceremonies started last week at Alumni Hall, with a grand total of 6,865 students due to receive degrees. That last ceremonies are Tuesday. ANGELA MULLINS/METRO

No. 17. Former major-leaguer Kilkenny to be honoured

Former major-league lefthander Mike Kilkenny, who led the London Majors to the Intercounty Baseball League championship in 1975, will have his No. 17 retired during the seventh annual Oldtimers Day celebration at Labatt Park on Sunday.

Also being honoured are former Majors shortstop Ray Lindsay (1960), pitcher Marv Liley (1952 Lou Ball juniors), infielder Hugh Schomburg (1953 Majors and St. Thomas Elgins) and umpire Joe Serratore, who has retired after 45 years of service. METRO

Oldtimers Day

31

Number of people who have been honoured for their service to London baseball and the community on Oldtimers Day.

Champ. Harrington picked for Canada-Russia Challenge

London Knights defenceman Scott Harrington will represent Canada in the 2012 Canada-Russia Challenge in August, an event that replaces the national junior team summer development camp for this season.

A second-round draft pick of the Pittsburgh Penguins in the 2011 NHL entry draft, Harrington played in 63 games this past season for the Knights and was an integral part of the team's OHL championship run. METRO

Scott Harrington METRO FILE

Ontario NDP Leader Andrea Horwath makes an announcement regarding her support of the budget at Queen's Park in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Summer election threat cools down despite opposition budget changes

Omnibus bill. Liberals say they twice made concessions to NDP, will no longer trust the party without a written guarantee

More opposition changes to the Ontario budget Monday were not enough to trigger a summer election, despite warnings from Premier Dalton McGuinty.

The New Democrats and Progressive Conservatives teamed up at finance committee to eliminate a key budget section on labour arbitration — even after McGuinty said Sunday he would not tolerate any more major amendments to the minority government's fiscal plan.

NDP Leader Andrea Horwath had warned the government the party would try to eliminate portions of the budget dealing with arbitration, said Finance Minister Dwight Duncan.

"In response to the premier's request this weekend, Ms. Horwath did provide notification, in writing, to him that these would be the last of the schedules she would oppose," Duncan said in a release Monday evening.

"Given the need to hold Ms. Horwath to her word, I will continue to keep a close eye on the committee tomorrow."

There are dozens of schedules attached to the omnibus budget bill that amend other pieces of legislation, which the opposition parties say should be standalone bills. McGuinty has said he will re-introduce some of them in the fall in new legislation.

The Liberals said they twice made concessions, including adding a new tax on the rich, to get the NDP to allow the budget to pass, and no longer trust the New Democrats unless they get written guarantees.

"I remain disappointed that Ms. Horwath continues to backtrack on the original agreements," added Duncan.

The Liberals also lashed out at the Tories for teaming up with the NDP to eliminate the section on labour arbitration, comparing the Conservatives to spoiled children.

McGuinty had warned the NDP in a letter Sunday to stop making major changes to the minority government's budget if they wanted to let it pass, as promised. THE CANADIAN PRESS

Quoted

"It's like they asked for chocolate ice cream. We gave them chocolate, now they're spitting it out."

Yasir Naqvi, Liberal MPP, on the Tories voting with the NDP to eliminate the labour-arbitration section in the budget.

Where's Tim?

Tories stay quiet during 'soap opera'

Progressive Conservative Leader Tim Hudak has been absent from the legislature during all the budget drama, which he calls a "soap opera" between the Liberals and NDP.

The Tories have vowed to vote against the budget from the day it was introduced, and NDP Leader Andrea Horwath said Hudak made that clear to her again on the weekend when he responded to her request for a conversation with all three party leaders. She was never able to speak directly with Premier Dalton McGuinty on the weekend, added Horwath.

Tim Hudak

The budget battle broke out late Thursday at committee when the Tories surprised everyone by voting with the NDP to remove budget schedules that would allow privatization of government services.

The NDP and Tories combined can outvote the minority Liberals 5-4 at the finance committee, and McGuinty immediately threatened to call an election when the opposition parties started making what he considered unacceptable changes to the budget.

THE CANADIAN PRESS

Keep dogs playing strong with new Iams Senior Plus.
NEW
SEE THE IAMS DIFFERENCE GUARANTEED
Puppy 0-1
Adult 1-6
Mature Adult 7-10
Senior Plus 11+
Iams Senior Plus for dogs 11 and older. It helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.
*IAMS DOG FOODS OFFER A 100% SATISFACTION GUARANTEE. Questions? Comments? Call us at 1-877-894-4458. If you are not satisfied with this product, simply save the unused portion, together with the proof of purchase, and call us. We will gladly replace the product or refund your money.
**vs Iams Original or Iams Adult.
Available at Walmart
Save money. Live better.

Magnotta back in Canada to face justice

Extradition. Murder suspect could face a judge today

Luka Rocco Magnotta
LUKA-MAGNOTTA.COM/THE CANADIAN PRESS

Luka Rocco Magnotta, the lone suspect in a brutal Montreal killing that made headlines around the world, is back home on Canadian soil.

Magnotta landed aboard a military plane that took off from Germany, where the 29-year-old was arrested earlier this month following an international manhunt, and he arrived at Mirabel airport near Montreal Monday evening.

He arrived under a wall of security.

A convoy of emergency vehicles, with flashing lights, rolled out to meet Magnotta. A half-dozen men escorted him down the stairs off the plane, onto the tarmac, and into a minivan in the convoy. Standing nearby were armed guards, at least one carrying an assault weapon.

Magnotta was being restrained on the plane, federal sources said. His fellow passengers on the military transport aircraft included officials and law enforcement from Canada and Germany, those sources added.

Magnotta is expected to face numerous criminal charges, including first-degree murder.

As the gory case moved back to Canada, authorities in Germany were breathing a sigh of relief Monday.

"We are glad that he's gone," said Martin Steltner, a spokesman for Berlin's prosecutor's office, on Monday.

Magnotta was arrested in a Berlin Internet café after Montreal police issued a warrant for his alleged connection to last month's killing and dismemberment of Montreal university student Jun Lin.

THE CANADIAN PRESS

Tanzania. Man without legs conquers mountain

ELISHA DACEY
Metro in Winnipeg

An American man who challenged tens of thousands of Canadian teens to redefine the possible last year has done the same thing for himself.

Spencer West, who lost both his legs when he was five because of a genetic disorder, and who walks using his hands, reached the summit of Mount Kilimanjaro on Monday.

"It's dark right now, but the view was spectacular," said West, speaking to Metro from the top of the mountain by satellite phone.

"We're exhausted right now and I'm sure once we're rested I'll be able to talk about things in a more inspiring way," he joked.

West is a motivational speaker with Me to We, part of Free the Children, a Canadian charity that fights for the rights of children around the world. Last year, he participated in We Day — a day of stories, music and speeches that empowers teenagers to make a difference, whether globally or locally. Several We Days were held across Canada.

West estimated he walked 80 per cent of the time. The rest of the time, he was in his wheelchair or strapped to a team member's back.

Spencer West on Day 6 of the Mount Kilimanjaro expedition.
FREE THE CHILDREN/METRO

Pudgy police

Pakistani cops told to slim down

Pudgy Pakistani police officers have been given until the end of the month to shrink their waistlines below 38 inches before they're kicked off the streets.

Punjab police spokeswoman Nabila Ghazanfar said the province's police chief was determined to "turn the force into a fit one."

Ghazanfar said that police doctors would measure the force's 175,000 officers at the end of June. Oversized ones would be taken off operational duties, meaning less pay.

She said officers are "working out vigorously, jogging, going to the gym and dieting." THE ASSOCIATED PRESS

Pageant winner

Mr. Ugly waiting on modelling jobs

The latest winner of Zimbabwe's Mr. Ugly pageant has ambitions of fame and fortune. But, so far, he remains a simple market porter.

William Masvinu, 38, who won the second edition of the pageant last month, makes his living carrying loads for shoppers in a market in the impoverished western Harare township of Mbare. The victory has made him a local celebrity, but the modelling offers he thought he'd be getting aren't yet pouring in.

"I am ready to show the world my gift," he said. "Being ugly is not a curse. It's a gift God gave me and I'm proud of it."

When he smiles, it looks like he is crying or in pain, his fans say. THE ASSOCIATED PRESS

Egyptian election

Islamist victory undermined

Islamist candidate Mohammed Morsi claimed a hollow victory Monday in Egypt's presidential vote just hours after the country's military rulers stripped the office of its most important powers.

The power grab by the ruling generals delivered another major blow to hopes for a democratic transition born out of last year's uprising that ousted leader Hosni Mubarak.

The generals, who deny having effectively staged a coup, will maintain authority over the crafting of laws and the drafting of a new constitution. Civilian oversight of their budget and other affairs will be strictly off-limits.

THE ASSOCIATED PRESS

Microsoft unveils tablet

Surface. Decision to make its own tablet a departure for the company, which usually focuses on software

Microsoft has unveiled Surface, a tablet computer to compete with Apple's iPad.

CEO Steve Ballmer was on hand to announce the new tablet, calling it part of a "whole new family of devices" the company is developing.

One version of the device, which won't go on sale until sometime in the fall, is 9.3 millimetres thick and works on the Windows RT operating system. It comes with a kickstand to hold it upright and a touch keyboard cover that snaps on using magnets. The device weighs under 1.5 pounds and will cost about as much as other tablet computers. Its debut is set to coincide with the upcoming fall release of Microsoft's much-anticipated Windows 8 operating system.

Steven Sinofsky, president of Microsoft's Windows division, called the device a "tablet that's a great PC — a PC that's a great tablet."

A slightly thicker version — still less than 14 millimetres thick and under two pounds — will work on Microsoft's upcoming Windows 8 Pro operating system and cost as much as an Ultrabook, the company said.

The pro version comes with a stylus that allows users to make handwritten notes on documents such as PDF files.

THE ASSOCIATED PRESS

Microsoft CEO Steve Ballmer.
ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

StatsCan. Despite economic growth, family incomes remain stagnant: Report

The growing economy hasn't done very much to boost Canadian incomes, a new report from Statistics Canada confirms.

The agency reported Monday that median, after-tax income for families of two or more amounted to $65,500 in 2010, virtually unchanged from 2009 or the year before after adjusting for inflation.

The result was slightly better for two-parent families with children. That segment saw median, after-tax income grow to $78,800 from $77,200 the year before.

There was no data from 2011, but weekly wages and other income reports suggest that there would likely be little improvement last year as well, analysts said.

That's still a better record than what has occurred in the United States, where incomes have actually contracted, but economist Benjamin Tal of CIBC World Markets says Canadians should take little comfort.

The latest reading follows a report last week that showed average household debt in relation to disposable income had risen to a record 152 per cent at the end of 2011. StatsCan noted that the rise in the debt ratio was not due to Canadians borrowing more, but to stagnant incomes. THE CANADIAN PRESS

Negative outlook

"Something is not working here — this is not a positive report."
Economist Benjamin Tal

Real estate

Sales of recreation properties up, Re/Max reports

Lower prices, increased selection and a rebound in consumer confidence have helped drive sales of recreational properties higher in a majority of communities reviewed across the country, real-estate firm Re/Max says.

Re/Max said of the 33 markets included in its report, sales were ahead of last year's mark in 70 per cent of the communities, while six per cent were in line with a year ago.

THE CANADIAN PRESS

Marketing deal

AmEx cardholders to skip long lines at Toronto airport

American Express Canada will send its premium cardholders to the front of more security lines at Toronto's Pearson International Airport under a deal that gives the credit-card company prime ad space in Canada's busiest air hub.

Platinum cardholders will be able to skip longer security clearance queues by flashing their cards throughout Terminals 1 and 3 as part of a marketing partnership announced Monday.

THE CANADIAN PRESS

Market Minute

DOLLAR
97.65¢
(-0.18¢)

TSX
11,601.13 (+76.23)

OIL
$83.27 US (-76¢)

GOLD
$1,627 US (-$1.10)

Natural gas: $2.635 US (+16.8¢)
Dow Jones: 12,741.82 (-25.35)

PEACE OF MIND
Available June 1–21

When you invest in Ontario Savings Bonds, you're investing on solid ground.
You can feel confident you're making an investment that is safe, secure and backed by the province.
Ask for Ontario Savings Bonds by name where you bank or invest.

STEP-UP RATE BOND
The competitive interest rate continues to rise with each year over its 5-year term. You can redeem every six months.

1ST YEAR	1.25%
2ND YEAR	1.50%
3RD YEAR	1.75%
4TH YEAR	2.00%
5TH YEAR	2.25%

VARIABLE-RATE BOND
To remain competitive, a new rate is offered annually over the 3-year term. You can redeem annually.

CURRENT RATE	1.25%

FIXED-RATE BOND
Enjoy a set competitive interest rate for the duration of the bond's term.

3-YEAR FIXED-RATE BOND	1.50%
10-YEAR FIXED-RATE BOND	2.80%

ontario.ca/savingsbonds • 1-888-212-BOND (2663) • TTY: 1-800-263-7776

Paid for by the Government of Ontario

Ontario Savings Bonds | Ontario

VALIDATING OUR LIVES THROUGH THE LENS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently went on a holiday to the sun-soaked Greek island of Santorini. We'll call it a working vacation since I was on bridesmaid duty for my best friend's wedding. Needless to say, it was phenomenal. The picturesque surroundings and memorable milestones warranted countless photo opportunities.

While away, I found myself capitalizing on any opportunity for free WiFi so that I could go online to post real-time updates and digital snapshots for my friends and followers back home. Because if you don't record it, upload it, share it and tweet it — did it even really happen? Nobody asked me about my trip when I returned; they had seen it all thanks to my jealousy-inducing stream of Instagram activity.

When I was younger, I used to pore over my mother's photo albums filled with weathered snapshots of her on beaches and in fields looking perfectly dishevelled dressed in her 1970s hippy garb. The photos are rinsed in sepia tones, the images are grainy, the edges blurred.

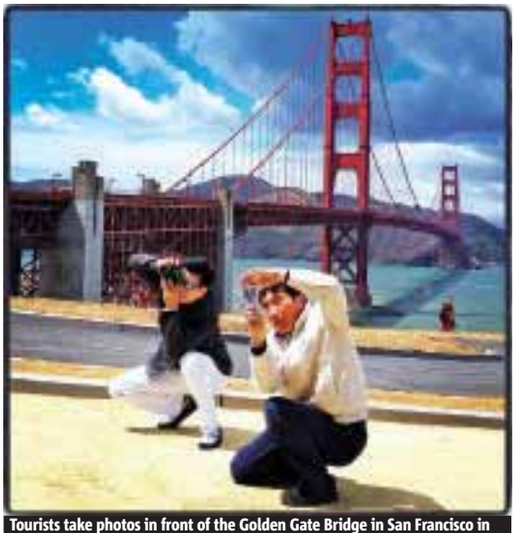
Thanks to apps like Instagram and Hipstamatic, I have thousands of faux-analogue images with those same qualities but without any of the authenticity. Flaws and colour saturations that were once accidental have been applied meticulously in order to make the perfect imperfect image.

Today, our mundane realities are manipulated, elevated and given a veneer of artistry with a strategically applied "Valencia" filter. For anyone who has ever wanted to experience a false sense of nostalgia for a time before they were even born, there is indeed an app for that.

Outside the smartphone realm, Urban Outfitters has reintroduced Lomography and Holga cameras to the masses, creating an entire industry based on selling an idealized retro aesthetic to a new generation of shutterbugs. Except this time around those prints aren't treasured keepsakes stored in leather-bound albums — they're digitized, categorized, Tumblred and hashtagged until they become something else entirely.

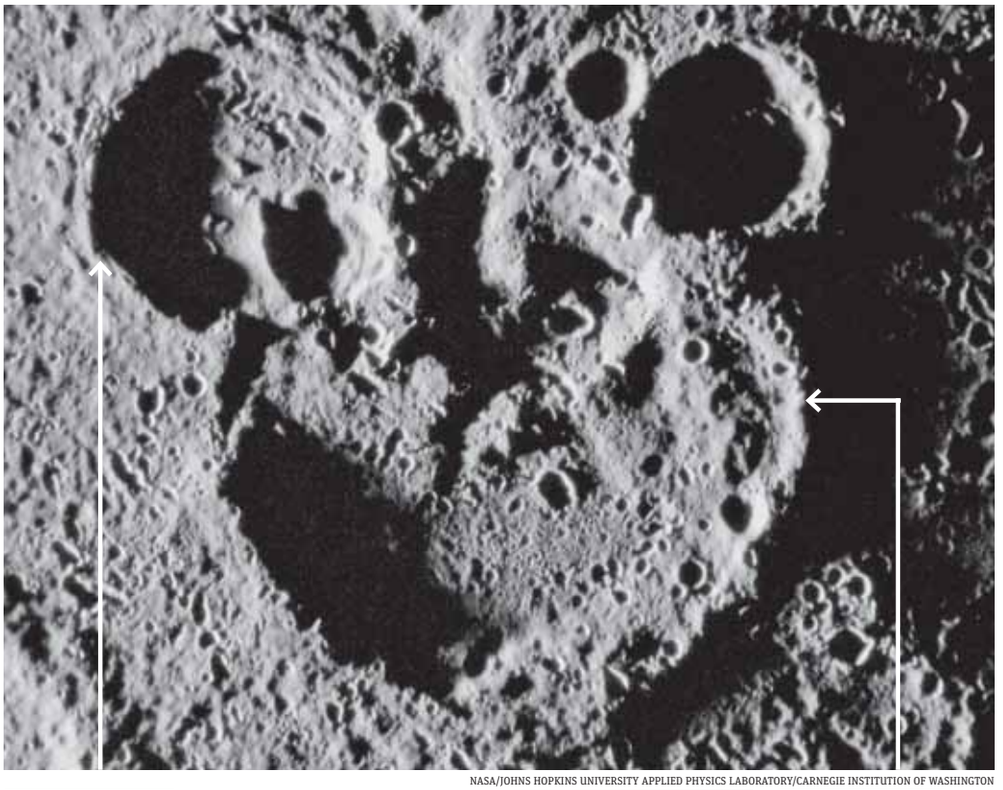
All photographs are inauthentic in a way. By capturing an instant in time, the boundaries of those realities are cropped and the subjects are posed acutely aware that they are being snapped. The very act of taking photographs makes experiences staged and, in turn, less real.

While I delight in the preservation of memories, I believe in the importance of leaving the camera (and the iPhone) at home sometimes, even when you're on vacation. We need to remind ourselves to be fully present in our unfiltered realities, enjoy the fleetingness of life and let your memories be all that you take away.



Tourists take photos in front of the Golden Gate Bridge in San Francisco in this file photo. The image was created using the iPhone 4s with Instagram's "LoFi" filter. JUSTIN SULLIVAN/GETTY IMAGES

Mercury is sooo Mickey Mouse



NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/CARNEGIE INSTITUTION OF WASHINGTON

Planetary research

Big act found on small planet

It looks like Mickey Mouse has made a big impact on planet Mercury.

But in truth, the familiar silhouette is a group of craters in Mercury's southern hemisphere.

The image was taken by NASA's Messenger orbiter spacecraft, which is gathering photographic data about the solar system's innermost planet.

METRO WORLD NEWS

Studying craters

- **NASA's Messenger.** Launched in 2011, the probe has taken more than 100,000 images of craters on Mercury's surfaces. Experts hope craters will tell more about the planet's history.
- **Strange cosmic resemblances.** The 215-kilometre-wide Galle Crater on Mars looks like a gigantic smiley face, while Saturn's moon Mimas has an uncanny resemblance to the Death Star from Star Wars lore.

The "happy-face crater" on Mars' surface, officially known as the Galle Crater. MALIN SPACE SCIENCE SYSTEMS/NASA

Size of this Mickey

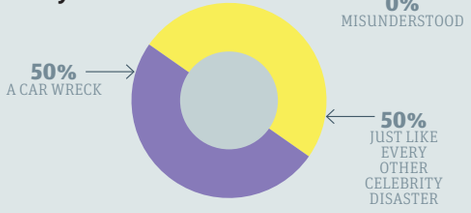
100

kilometres is the approximate diameter of the "face" (large, middle crater) of this Mickey Mouse resemblance.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Lindsay Lohan is:



Twitter

@late2game: You simply won't find a bigger proponent than me for open source software in government. If you all want to do a Team London pitch I'm in.

@jonathankochis: @late2game I was thinking the same thing. Let's do it.

@aimee_brewer: A jogger just about ran into the side of my truck, and yelled at me for not stopping. I WAS THERE FIRST!! #ldnont

@ChattyCathyD: "People inspire you or they drain you - pick wisely" ~ Hans Hansen

@thesocialdragon: Thanks to Deanna for the great work she did with the IPL hair removal @shearsalonspa. I LOVE not having to shave my under arms now. #ldnont

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, London** Jim Reyno • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Charlotte Piper • **Distribution Manager** Rob Delvallet • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

DVD reviews

Big Miracle

Director. Ken Kwapis

Stars. Drew Barrymore, John Krasinski, Kristen Bell

Big Miracle sticks to the main facts while fictionalizing the details in its telling of the October 1988 effort by northern Alaskan residents, the U.S. military and two global superpowers to rescue three whales trapped in Arctic ice. Drew Barrymore plays shrill Greenpeace activist Rachel Kramer, who often alienates the people she needs to win over. That includes her ex-boyfriend, Adam Carlson (John Krasinski), who is an ambitious small-time TV reporter. Carlson's reports bring Kramer and a horde of other media types, Gawkers and hawkers join the media frenzy, while the local Inupiat hunters have their own take on the crisis. The best characters are the whales, animatronic behemoths that look incredibly real. They're the centrepiece of this feel-good comic tale that works its way to an exciting conclusion.

PETER HOWELL

Project X

Director. Nima Nourizadeh

Stars. Thomas Mann, Oliver Cooper

Project X is actually a slag heap of steals from similar films, roughly spanning the booger-flicking expanse from Animal House to Superbad. The difference here is the way Project X so aggressively ups the ante for outrageous sex, drugs and property damage. The film reflects so poorly on American life and values, it could serve as an Al Qaeda training video. The setup is simple: shy Thomas is turning 17, and his best buds want to throw the mother of all parties at Tom's house while his parents are away. Mom and dad's place is trashed so badly you may have to watch the screen — horrified — through your fingers.

STEVE GOW

Elijah Wood, right, and Jason Gann play man and man's best friend in quirky dark comedy Wilfred, returning for its second season on FX Canada.

Doggone it, Wilfred and Co. are back

This ain't ALF. Lead and co-creator talks about why the show works and how he got the role

MIKE DOJC
2forcouples.com

In Wilfred (FX Canada), Ryan, a sad sack lawyer (Elijah Wood), strikes up a peculiar friendship with his neighbor's pooch. He sees Wilfred as a foulmouthed Australian in a shaggy dog suit but the rest of the cast sees him as a cuddly mutt.

When we last left off in Season One, Wilfred had hurled himself in front of a car to give Ryan the opportunity to swap Jenna's urine sample so that she'd pass her drug test, and more startlingly, the door to the basement where Ryan and Wilfred often hang out turned out to be a closet.

With the second season premiering on Thursday, we tossed Jason Gann, series co-creator and the man in the canine costume, some meaty bones to chew on.

What's the most cockamamie theory you've read on a message board from Wilfred fans?

People will get on there and go what is going on, is he this, is he dead, what's going on? Inevitably, a bunch of fans who've been on there for awhile will jump on and say you've just got to enjoy it, don't overanalyze it, don't over-think it, just go with it. I think people were driven crazy by the season one finale.

Wilfred and Ryan seem like an old married couple. What would a couples' counsellor make of their relationship?

You've obviously been in the writers' room. Look, I think it's a really good romance between the two. I guess you'd call it a co-dependent relationship that is maybe not healthy.

Despite all the trouble Wilfred gets Ryan into, do you think Ryan is ultimately better off having him in his life?

Definitely, because he's living. Part of life is making mistakes and getting out there into society because that's where he really struggles and those are the things that make you stronger and really define and make you who you are.

But, put it this way, would you like a friend like Wilfred?

No. Quite simply put. Fans are telling me all the time, I want a Wilfred and I'm like do you really? I'm not sure you do, you might have fun watching someone else have a Wilfred but it would be pretty wild. Maybe I could deal with it if it was for half an hour a week.

Wilfred's owner, Jenna, manipulates Ryan almost as much as the dog does. Is he in "puppy" love with her?

Ryan has a lot of stakes in a girl who isn't giving him a lot back romantically or as a friend really. We have to assume that a lot of it has happened off-screen. But yeah, it would be puppy love because it isn't really grounded in a truthful relationship, and they haven't developed one yet.

Have you ever been as whipped as Ryan — by a girl you weren't even dating?

Maybe for a week. Look, I've been heavily in love with girls but, from an early age, I saw what happened to nice guys. So even if I wanted to be like that, even if everything in my body was telling me to do so, I've resisted because they don't respect it ... well, they do and they don't. That doesn't mean I don't treat women well in my life. I really do. I treat them like queens.

Really?? Never even been a little whipped?

What am I saying, one of my last girlfriends used to send me to the dry cleaner all the time. I'd also drive her to work in the morning and she'd inevitably forget something and I'd have to drive her back. But it wasn't because I was desperately in love; this somehow just happened.

If Wilfred were to propose to Bear on a romantic date where would he take Bear and how would he do it?

Well he'd probably take him to West Hollywood because we don't know what Bear is, whether Bear is a girl or a guy. I was thinking the other day when I was looking at this massive guy with hair all over himself at the gym and remembered that that's the name they also use for butch (gay men). It would be somewhere disrespectful, because Wilfred would probably end up banging someone in front of Bear. In the middle of a threesome is when he'd ask Bear.

As manipulative and deceptive as Wilfred can sometimes get, he still manages to be endearing and loveable in the end. What's his secret?

Well I don't pat myself on the back too often but that, I have to say, is a Jason Gann thing. My friends have always said that's just you in a dog suit. I have forever gotten away with saying things and doing things that people just generally don't. I've heard all my life, 'Jason if anybody else did that I would have thought he's the most disgusting creep, but for some reason when you do it it's okay.' I kinda bring that naughty cherub element to the character and it's something that's worked for me personally so it's fun to play with in the character.

Is it true that Zach Galifianakis almost got the role of Wilfred?

No, his name was used as bait for me to take on the role. Originally I said no and my manager said if you don't do it someone else will and I said yeah right, thinking who is going to be better than me, I'm the original. I go who, and he goes, 'the name Zach Galifianakis is being bandied about,' and then I said 'OK I'll do it.' When casting for shows a lot of names are thrown around. I'm confident he was never actually approached.

2 SCENE

Scene in brief

Jack Osbourne facing MS

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne revealed his health crisis in an interview with People, released Sunday. He told the magazine he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée Lisa Stelly had daughter Pearl in April. Multiple sclerosis attacks the brain and spinal cord, and can cause somewhat mild problems or serious disability, such as paralysis. Jack Osbourne gained fame as a teen when his heavy metal father and his mother allowed the family to be profiled in the MTV reality show The Osbournes.

THE ASSOCIATED PRESS

On the web

Furries meeting in Pa. looking for fun; out to 'shed' reputation of fetishes, weirdness

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

They say it's over, that it's over, but it's far from over

MONICA WEYMOUTH
scene@metronews.ca

What seemed to be a relatively minor bar fight between Chris Brown and Drake last week is still brewing.

The Manhattan nightclub where the incident took place, W.i.P., has been closed down due to multiple code violations, according to the Associated Press.

As for the fight itself, a source tells the Associated Press that the two hip-hop stars weren't even involved in the bottle-throwing brawl, claiming it was "entourage versus entourage, never Drake versus Chris," shooting down the theory that the two were fighting over Rihanna.

Rapper Meek Mill — who was at the club with Drake, and was initially identified as an instigator — also says the stars weren't involved. "Chris and Drake, them two was there, but it's other people that be around that take sh— to the next level," he tells MTV.com.

"Things just happen in the club. I seen girls in there throwing bottles. I never seen Chris Brown or Drake throw a bottle, and I was there."

While Brown has already talked to cops, Drake has declined to answer questions. "Why would he turn himself in when he did not commit any wrongdoing?" his rep told the New York Post in a statement on Sunday.

The only thing more annoying than a hip-hop fight is a never-ending non-hip-hop fight between entourages and publicists. This thing is one airborne bottle of Skinnygirl Margaritas away from being a Real Housewives episode.

Want to take a snooze under the strobe lights?

Lindsay Lohan must be able to bounce back quickly.

After being treated for exhaustion on Friday — brought on by her hectic filming schedule — the troubled actress was out Saturday night partying at the Chateau Marmont, according to Us Weekly.

"For someone so exhausted, it was shocking to see her out past 1 a.m.," a source says.

Lohan, who was reportedly still in hair and makeup from the Elizabeth Taylor biopic she's filming, stayed until hotel's restaurant cleared out for the night.

Twitter

@ActuallyNPH
Thanks so much for all of my B'day tweets! I had a spectacular day in Montreal w/ the delicious @DavidBurtka. I'm liking this 39 stuff!

@BetteMidler
Assassins! Something has murdered two of my chickens, Khloe and Kourtney! It gnawed thru the chicken wire and pounced...poor dears. RIP.

@AlbertBrooks
I worry about Lindsay Lohan. And not just because I loaned her $1100.

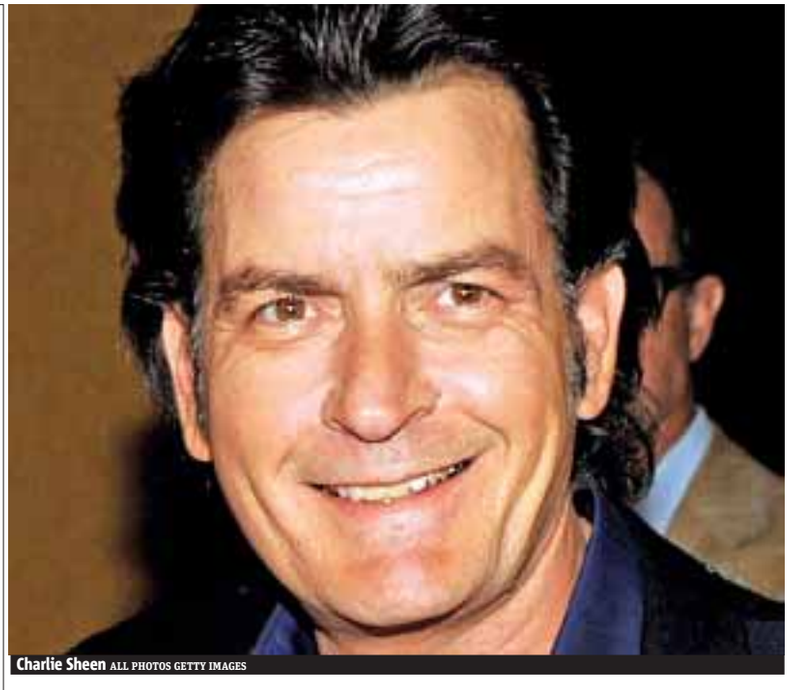
@lindsaylohan
Note to self.. After working 85hours in 4days, and being up all night shooting, be very aware that you might pass out from exhaustion & 7 paramedics MIGHT show up @ your door.... Hopefully theyre cute. Otherwise it would be a real let down.

Kate peeps about her prince

Kate Middleton

Kate Middleton is usually pretty tight-lipped about life married to Prince William, but she did open up to a group of inner-city youth during a visit to their outdoor learning centre, according to Us Weekly. "William is very sweet and kind of spoils me," Middleton told one of the children. Of course, seeing Middleton working so well with children begs the question of when she and William will start a family of their own, and royal sources say sooner rather than later.

"There's a window in place," a source says, explaining that the couple is hoping to get pregnant between September and next summer. "The pregnancy will be announced. It won't be hidden."



Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen to shut the door on showbiz

After his new show, Anger Management, wraps, Charlie Sheen plans to retire from acting.

"I've been doing this 30 years. And there's a lot more out there to do than make-believe, you know?" the former Two and a Half Men star tells the New York Times.

"I mean, I'm grateful. I've got a dream life as a direct result of television, you know? But at some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."

I'm not gonna fake it

"...At some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."
Charlie Sheen

From baby bump to beach body, the transition isn't as hard as it used to be. METRO WORLD NEWS

How a Victoria's Secret angel got her body back

Sexy in summer. We speak to Leandro Carvalho, personal trainer to Victoria's Secret "angel" Alessandra Ambrosio

ROMINA MCGUINNESS
Metro World News

Having a baby is a life changing moment — sometimes not always for the best.

The lack of sleep, dirty diapers and the fact you've turned into a milk-making machine can be overwhelming. And however much some women would love to get their pre-baby body back, most have no idea how, or when it's OK to start exercising again. Leandro Carvalho tells us how to achieve post-baby body perfection.

Post-delivery recovery

"Women who give birth naturally need to wait around four weeks before they can start exercising again. The recovery period goes up to six weeks if they've had a caesarian," Carvalho tells Metro.

A serious operation, a caesarian limits the type and amount of working out that can be done months after giving birth. In other words, it'll be a while before you can run, jump, cycle or do squats, lunges and sit-ups again.

But not all new moms can hope that newborn-related stress and breast-feeding alone will help them lose the baby weight. For that reason, Carvalho found a way to increase heart rate and trigger weight loss- with zero impact.

Here's how it goes:

By the numbers

30

Personal trainer Leandro Carvalho recommends doing 30 minutes of intense cardio exercise three to four times a week if your aim is to change your body shape and lose weight.

Walk in incline

Start with the easiest exercise known to man: walking.

Carvalho advises you start off slow, maintaining a speed anywhere between two to 3.5 km/h on a five per cent incline (if on a treadmill). Never go faster than 4.0 km/h as this is basically running and no high impact exercise is allowed until at least two months after giving birth.

If your ultimate goal is to lose fat, you'll need to keep going for at least 30 minutes:.

"Ten minutes on the treadmill is a good warm up, 20 minutes is good for your health but if you want to burn fat, you need to go beyond the 25 minute mark. Up until that point, your energy comes from the glycogen stored in the muscles, but after 25 minutes, your body gets its energy by burning fat," he adds.

Once you've walked in incline for a minimum of 25 minutes you can move on to the floor exercises.

The safest strategy: add some weight

Your workout intensity is limited and you'll need to be patient if you want results. You can't jump or run around, so challenge your body by wearing ankle weights and weighted gloves during your workouts.

"Adding light two to eight pound ankle weights when doing leg lifts (such as a kneeling leg lift) or weighted gloves when doing arm movements will increase the intensity of a move," explains Carvalho.

Slowly building up your resistance and the number reps will tone and sculpt your body. Start with 20 to 30 reps for each move, eventually working your way up to 100.

3 LIFE

Health minute

Cold virus holds promise as cancer therapy

Researchers have shown that a cold virus known to destroy cancer cells can be delivered to a tumour through the bloodstream without falling prey to killer antibodies on the way. In a study published Wednesday in the journal Science Translational Medicine, the researchers found the "reovirus" hitches a ride on blood cells and uses them as a shield against the immune-system cells. The reovirus holds promise as a possible new way of treating cancer.
THE CANADIAN PRESS

On the Web

Deaths and costs to society are lower in areas with toughest motorcycle helmet laws

GEAR UP TO END MS
Join the largest cycling series in North America!
Prince Edward County
July 8 • 75 km
Acton to Waterloo
August 18-19 • 150 km
Grand Bend to London
July 28-29 • 150 km
Niagara
August 26 • 40 km or 75 km
Ottawa to Cornwall
August 11-12 • 75 km or 200 km
Toronto
September 9 • 30 km or 55 km
msbiketours.ca
BRINKS
Atlas Canada
MS BikeTour

Forget carb counting and indulge at the Early Bird Café

Perogies ($12). PAUL MITCHELL

LUNCH RUSH
Paul Mitchell
life@metronews.ca

Early Bird is not for the faint-hearted. It is a glorious gastronomical assault of calories, ideally suited for a rock-and-roll state-of-mind.

More retro diner than café, the decor screams punk with brightly coloured walls, shiny vinyl banquets, and vintage rock art. Along with tattooed servers, the rebellious nature continues on a menu that defies contemporary trends toward moderation.

Over-the-top gourmet ingredients turn the volume up to 11 on the breakfast, sandwich and burger selections.

Having had the indulgent Braised Duck sliders ($12) previously, I crave Perogies ($12). More than 10 arrive, loaded with bacon, onion and token greens. They are lovingly home-made and boiled — not fried — like grandma used to make. The Poutine ($11) is a massive stage packed with crispy fries, incredible gravy and smoky, shredded cured beef.

Alternative to its core, Early Bird is ideal for late-nights and hangover breakfasts. It offers no apology for delivering punches of flavour straight to your mouth.

Visiting the restaurant

Early Bird Café

Address. 355 Talbot St.

Phone. 519-439-6483

Rating. 4/5

Price range. $6 - $12

Reservations. No

Business lunch. No

Social lunch. Yes

Quick solo lunch. Yes

Salmon Dill Appetizer. Serve this fresh and light app over lettuce leaves

1. In bowl, combine veggie dip with remaining ingredients and gently fold together.

2. To serve as an appetizer, arrange few lettuce leaves on plate and place mix in centre. Garnish with radishes, if desired. For first course, arrange salad greens on two plates and divide salmon mixture between them. Serve with pita chips, crackers or cucumbers.

THE CANADIAN PRESS/MARZETTI OTRIA VEGGIE DIP

Ingredients

- 175 ml (3/4 cup) feta Greek yogurt veggie dip
- 250 g (8 oz) cooked salmon, skin removed and flaked
- 125 ml (1/2 cup) chopped large portobello mushrooms, gills removed
- 125 ml (1/2 cup) chopped fennel
- 2 chopped scallions
- 15 ml (1 tbsp) chopped fresh mint
- 15 ml (1 tbsp) capers (optional)
- Salt and pepper, to taste
- Lettuce leaves
- Radishes, sliced thin
- Toasted pita chips, crackers or thick slices of cucumber

Exotic flavours & great crunch

1. Remove outer 3 layers of lemon grass stalk and cut tender middle section into 1-inch pieces. Bruise lemon grass.

2. In bowl, combine lemon grass, garlic, green onion, black pepper, sambal sauce, sugar, salt, oil and fish sauce. Coat chicken and marinate 30 mins.

3. Sweet chili cilantro mayo: combine the mayonnaise, honey, sambal sauce, cilantro and salt in mixing bowl.

4. Coleslaw dressing: In separate small bowl, combine sugar, vegetable oil, lime juice and salt. Pour on shredded cabbage and carrots, and toss to coat.

5. Remove chicken from marinade. In non-stick fry pan, heat oil 1 minute, add chicken. Fry 15 mins. on medium heat, turning halfway through. Remove from heat and set aside.

6. Spread sweet chili cilantro mayo on both sides of the toasted buns. Slice chicken and place on bun. Finish with Asian coleslaw and garnish with of cilantro.

NEWS CANADA/ DITALIANO.CA

Ingredients

- 2 stalks lemon grass
- 3 cloves garlic, minced
- 2 stalks green onion, minced
- 1/4 tsp (1 ml) black pepper
- 1 tsp (5 ml) sambal sauce
- 2 tbsp (30 ml) sugar
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) oil
- 2 tbsp (30 ml) fish sauce
- 4 small half chicken breasts, lightly pounded with flat mallet

Sweet Chili Cilantro Mayo:

- 1 cup (250 ml) mayonnaise
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) sambal sauce
- 3 tbsp (45 ml) cilantro
- Salt to taste

Asian Coleslaw:

- 3 tbsp (45 ml) sugar
- 2 tbsp (30 ml) vegetable oil
- 3 tbsp (45 ml) lime juice
- 1 tsp (5 ml) salt
- 1/2 lb (250 g) shredded cabbage
- 1/2 lb (250 g) shredded carrots
- 4 D'Italiano sausage buns, toasted

This Lemon Grass Chicken Bahn Mi recipe makes four servings. NEWS CANADA

2012 OPA! Outdoor Greek Festival
Hellenic Community Centre
Friday, June 22nd - 6pm to 12am
Saturday June 23rd - Noon to 12am
Sunday June 24th - 11am to 10pm
133 Southdale Rd W (519) 686-8466
Free Admission
Bring a donation of food for our Charity of Choice the *London Food bank*

Authentic Greek Food
Dancing and Music
Featuring 'Full Service Dining Room "Under the Parthenon" & an Ouzeri
www.opafestival.ca
Thank you to our Sponsors:
Malibu
R.I.B.A. Restaurateurs Independent Buyer's Associatio
Local: 519-668-3396 Toll Free: 1-888-320-RIBA(7422) Fax: 519-668-267
Independently Owned and Operated
James Squires Manager
Logan Funeral Home Since 1892
371 Dundas Street, London, Ontario N6B 1V5
Tel: (519) 433-6181 Fax: (519) 433-2911
Hellenic

Advice

Time to change your approach

Hey Sisters,
I was in a five-year relationship with a girl I met in university. We lived together and when the time came to pop the question I realized she wasn't the one for me. I've been single for a few months and have been going out with my friends to meet someone new. It's been fun, and I do talk to a lot of people, but no one has really captivated me. I'm starting to get fed up with looking, and I'm not sure what I'm missing. Any advice that doesn't involve eHarmony?
Hungry for More

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear H4M,

Being single after a long relationship with that not-quite-right-someone is like being released into the woods to fend for yourself. There's a wonderful feeling of independence and everything is bright and exciting ... until you get hungry. You now have two options: a) die b) persevere. Chances are you're choosing the latter, so make better traps or forge better weapons. In other words, modify who you are and how you approach.

Maybe you haven't been ready to meet someone worthwhile and subconsciously aren't aligning yourself with this goal. Maybe to meet someone different, you have to be different. Imagine who you want to meet and the kind of person you see her with. Try to be that person, and let the universe do its thing, eHarmony not required.

Claire: Dear H4M,

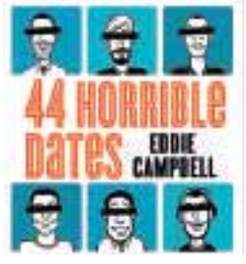
Newly single people who come out of long-term relationships think that the outside world is a big vending machine of available singles that will pop out the right one for them ... if they can just figure out which buttons to press. Nope. That's e-Harmony. The older we get, the busier we get, the more baggage we amass, the more set in our ways we are.

It's harder to meet people. It may take time, and you will definitely get fed up. I have no better advice than to tell you to keep going, keep trying, and try to actually enjoy the freedom, the loneliness, and even the self-doubt. These are the ingredients to a more well-rounded man who is happy with himself. And there is nothing a woman likes more. Onwards.

Think you've had some bad dating experiences?

Reading. Chances are author Eddie Campbell has been through much worse

HEIDI PATALANO
Metro New York



The Car Squatter, the Gay Pirate, the Cross-Eyed Magician, the Sleeping Pill — are these characters all part of a bad Saturday Night Live sketch?

No. These are the nicknames that belong to some of the worst men author Eddie Campbell has ever dated. The Los Angeles native has had so many terrible and extreme experiences that he's recently compiled them into a book: 44 Horrible Dates. Campbell's hilarious look at dating in L.A. is rife with oddballs — from the guy who showed up to a date hopped up on cocaine to the one who wanted to use some groceries in the bedroom. Is Campbell a magnet for crazy? Given reader response to his memoirs, he doesn't think so.

"You can be the college-educated person, have a great life, love your family — all that stuff can be in place, and you can still meet a–holes," Campbell says.

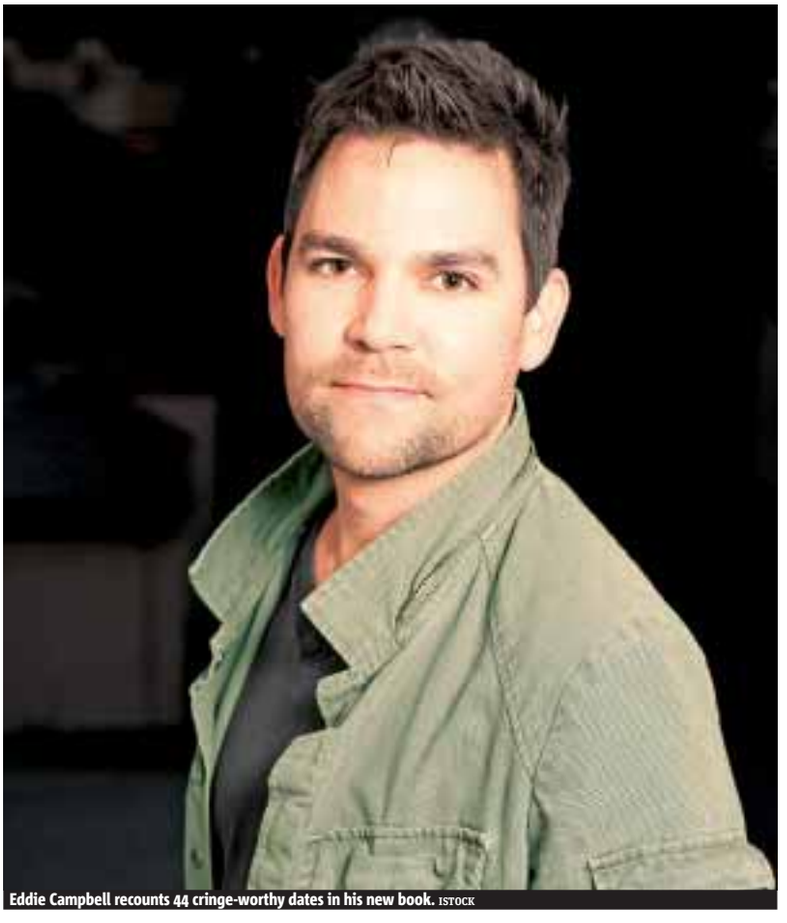
"I know so many gorgeous, beautiful, smart women who keep just meeting d— after d— after d—."

But he says all those terrible dates have helped him avoid future disasters.

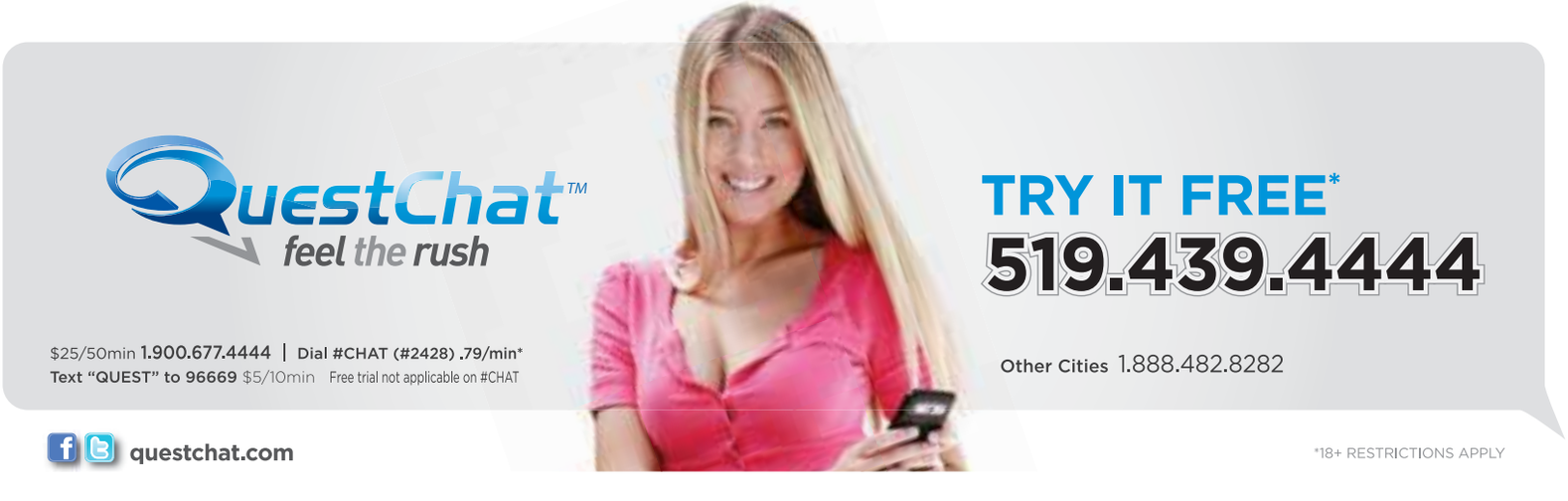
"It's a good lesson for everyone because when you're younger, you're a lot less judgmental about who you might go on a date with," says Campbell. "As you get older, and you're still single, you start breaking down what you're willing to put up with. It's not being overly picky, but it's knowing what's right for you."

Campbell stresses that one of the best ways to avoid the pitfalls he's experienced with, say, Nightmare on Vegan Street, is to take some time to evaluate your potential date before agreeing to spend time with them.

"Talk longer on the phone, get out a few questions," Campbell says. "I've actually been on dates where you're so bored you're thinking about separating your darks from your whites and what you're doing for the next day. Don't place yourself in that scenario."



Eddie Campbell recounts 44 cringe-worthy dates in his new book. ISTOCK



Boomerang kids back in the nest?

Young and broke. They have huge debts and can't find jobs — what to do when your children grow up and move back in

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

An amusing comic strip recently showed a teenager asking his parents to lend (meaning give) him $20 so he could go out for a movie and pizza with his friends. His mother pointed out that he had a part-time job and savings in the bank. "But that's my money!" her son protested.

This seemingly innocent me-ness of the teenage years is spilling over into adulthood. One third of parents with a youngest child between 20 and 34 have at least one offspring living at home according to a 2011 Statistics Canada report. And one quarter of those enjoying Hotel Mom and Dad have left the nest only to return — the so-called boomerang kids.

It isn't surprising. After all, the Vanier Institute of the Family pegs the average debt for those with an undergraduate degree at around $18,000, but the Canadian Federation of Students believes it's more like $27,000.

Factor in the unemployment rate for the under-35 crowd, between 15 and 21 per cent, and there are a large number of young adults who have no financial choice but to live at home. In many cases, parents who are initially willing to help end up feeling put upon and resentful. Avoid this toxic situation by ensuring adult children at home contribute.

Above all, charge rent. I recommend a sliding scale based on income. First set a base rate no matter what your child is earning — $50 monthly is better than nothing.

Thirty-four years old and living with the 'rents: Matthew McConaughey, centre, starred in Failure to Launch along with Kathy Bates, left, and Terry Bradshaw. CONTRIBUTED

How times change

- **Young adults.** In 1985, 21 to 34-year-olds purchased 38% of all new cars; today it is only 27%.

Even if that means an engineering grad must take shifts at the mall or a fast food outlet, such financial obligations are the stuff of adulthood. (If your child is saving to go to school the rent can always be rebated later.)

Then peg future rent to a percentage of their earnings. A reasonable rule of thumb could be 20 to 25 per cent of gross income. Since most recent grads will have lots of tuition and education credits to carry forward, they are unlikely to pay much tax.

Also, be sure to spell out household duties such as cleaning, gardening, cooking and grocery shopping.

By all means help your kids get on their feet but treat them as adults at the same time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Alison's money rule

"Helping out financially shouldn't mean a free ride for adult kids living at home."

Food for thought

Organic power shopping never pays off

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

Last week I was racing from a meeting with my lawyer to one with my banker, regarding my new home purchase. Between appointments, I decided to squeeze in a 'power shop' for groceries; in-and-out in less than eight minutes.

I filled my basket with a few days' worth of fresh organic foods and bolted to the checkout. The cashier rang in my $50 stash and that's when I discovered, in my haste, I'd left my wallet at my last appointment.

Full of apologies for the cashier and patrons waiting in line behind me, I started to leave the checkout counter. But, I was stopped by a nice guy from the lineup who insisted on paying for my groceries. I thanked him 10 times over, offered to pay him back (he refused), and his parting comments to me were "why do you buy organic? It's so expensive. I can get twice the amount of groceries for the same price."

We all know the stats on organic foods; locally grown, fresh, greater nutrients because no artificial chemicals or additives are used in the growing and/or refining processes. Experts say these foods are better for our bodies and the environment. But, in many places, organic foods take up a significant chunk of a household's budget. Thus, many people opt for less healthy, inexpensive foods.

Coupon Cabin released a study last week about organic food purchasing behaviour. Nearly 75 per cent of respondents said they would buy organic if the price was more affordable. But, currently, less than half seek healthier food options because organics cost too much.

There are affordable ways to buy organic and eat healthy.

Scared of GMOs and pesticides? You might want to go organic. ISTOCK IMAGES

Plan ahead. Hasty purchases often result in bad deals. So, unlike my eight minute 'power shop', take time to plan out your organic purchases to ensure you don't buy items you don't need and avoid paying too much for the ones you do.

Buy less more often. Fresh organic produce provides its greatest flavour and nutritional benefits when consumed quickly. Buying fewer in-season produce items more often saves money as less food going rotten. If you're concerned about your carbon footprint each time you drive to the grocery store, stop driving and walk, run, bike, or take public transit.

Coupon. Clip organic food coupons or search for them online. Coupons exist for almost any item. The key with couponing is to avoid going overboard – buying more than you need for the sake of a deal.

Bulk-buy non-perishables. Take advantage of sales for non-perishables and items that can be frozen until you're ready to consume.

Buy local. Not only will this help support local growers and businesses, in many circumstances, produce can be significantly less than at a traditional big-box grocer. Great organic healthy fresh foods are available at your local farmers' market or grocery co-op.

Test your green thumb. If you've got access to natural sunlight and have a yard or balcony, try growing your own herbs, fruits and veggies. Seed packs only cost a few dollars.

You don't have to fork over astronomical sums of money to buy organic.

Price limitations

75%

Percentage of respondents who said they would buy organic if the price was more affordable. That's according to a recent study by Coupon Cabin about organic food purchasing behaviour.

Tennis

On-court outburst costs Nalbandian

David Nalbandian was fined the maximum $12,560 US and placed under police investigation for assault after kicking an advertising board and injuring a line judge during the Queen's Club final.

The ATP confirmed the fine for unsportsmanlike conduct on Monday and said the Argentine player also was stripped of his 36,500 pounds ($58,538) in prize money.

London police said they were investigating a complaint of assault filed against Nalbandian, who was defaulted from Sunday's match against Marin Cilic in the grass-court Wimbledon warm-up event.

THE ASSOCIATED PRESS

David Nalbandian in London on Sunday. THE ASSOCIATED PRESS

Rankings

Mayweather still 'Money' while in the slammer

The world's highest-paid athlete is in jail.

Forbes has released its list of the 100 highest-paid athletes, and boxer Floyd (Money) Mayweather Jr. is No. 1. Mayweather, who made $85 million US for two fights last year, is currently serving a three-month jail sentence in Las Vegas for domestic battery.

THE ASSOCIATED PRESS

Roger Clemens talks to members of the news media after his acquittal on Monday in Washington, D.C. CHIP SOMODEVILLA/GETTY IMAGES

Clemens acquitted after 'a hard five years'

MLB. Jury finds seven-time Cy Young winner didn't lie to U.S. Congress in 2008

Quoted

"The jury has spoken in this matter, and we thank them for their service. We respect the judicial process and the jury's verdict."

A written statement from the U.S. Attorney's Office after Clemens' acquittal.

Roger Clemens was acquitted Monday on all charges that he obstructed and lied to Congress in denying he used performance-enhancing drugs to build his career as one of the greatest pitchers in baseball history.

"I'm very thankful," Clemens said, choking up as he spoke after the verdict.

"It's been a hard five years," said the pitcher, who was retried after an earlier prosecution ended in a mistrial.

This trial was lengthy, but the deliberations were relatively brief. Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped the U.S. government's investigation of the pitcher.

Emotional hugs among Clemens and family members followed the verdict, including one large group hug in the courtroom. At one point, wife Debbie Clemens dabbed his eyes with a tissue.

Outside, at one point, Clemens stopped to compose himself.

Accused of cheating to achieve and extend his success — and then facing felony charges that he lied about it — he declared, "I put a lot of hard work into that career."

He said he appreciated "my teammates who came in and the emails and phone calls" of support. With his four sons standing behind him, Clemens thanked his lawyers, his family, his sisters and his wife.

His chief lawyer, Rusty Hardin, walked up to a bank of microphones and exclaimed: "Wow!"

Hardin said Clemens had to hustle to get to court in time to hear the verdict. "All of us had told Roger there wouldn't be a verdict for two, three or four days, so he was actually working out with his sons almost at the Washington Monument when he got the call that there was a verdict."

Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centred on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins.

THE ASSOCIATED PRESS

Heat avoiding finals letdowns so far

Dwyane Wade, LeBron James and Chris Bosh celebrate during the second half of their win over the Thunder on Sunday in Miami. MIKE EHRMANN/GETTY IMAGES

LeBron James, Dwyane Wade and Chris Bosh walked off the floor together after Game 3 of the NBA finals, and were immediately wrapped up in conversation as they strolled to the Miami Heat locker-room.

Their talk had nothing to do with a 91-85 win in Game 3.

Turns out, the Heat "Big Three" were already working on plans for Game 4 against the Oklahoma City Thunder by going over what had just happened while it was fresh in their minds. Television cameras captured them side-by-side on that walk, a far cry from the images of anguish after losing the finals last season.

The series resumes in Miami on Tuesday night, with the Heat holding a 2-1 lead in the best-of-seven.

"We all got caught up in the lights and the negativity last year," Bosh said. "We let that take away our energy away from focusing on what we needed to focus on. This year we're just being ourselves. We're coming and competing. We're playing the best basketball and we're just having confidence in our game. We're good enough. We're good enough to win it. We were good enough last year. We just had too many letdowns."

THE ASSOCIATED PRESS

Getting Stern on floppers

David Stern is determined to stop the floppers, even if it takes until the next morning.

- The NBA commissioner and the league's competition committee met Monday to discuss players deceiving referees into calling fouls by falling down, or flopping.
- Stern says one option could be a "postgame analysis" in which players could be penalized.

4 SPORTS

NFL

"It wasn't because I didn't want to play anymore. It was simply time to move on."

Running back LaDainian Tomlinson, who signed a one-day contract with the San Diego Chargers on Monday and then announced his retirement. Tomlinson rushed for 13,684 yards, fifth all-time, and scored 162 touchdowns, third-most ever. His 145 rushing touchdowns are second-most in history. He ended his brilliant 11-year NFL career the same way he started it — with the Chargers.

"I was a part of greatness. And it was awesome to be a part of it. It was awesome to watch. I mean, I had the best seat in the house. It was a fun time."

Retired offensive lineman, and former teammate of LaDainian Tomlinson, Kris Dielman.

On the web

The New Orleans Hornets appear serious about pairing another big man with consensus top draft choice Anthony Davis. New Orleans hosted six-foot-11 Baylor forward Perry Jones III and six-foot-nine Ohio State forward Jared Sullinger for pre-draft workouts on Monday. Scan the code for the story.

Webb Simpson, left, and Bubba Watson shake hands during the Zurich Classic in May 2011 in New Orleans. HUNTER MARTIN/GETTY IMAGES

Golfers linked on, off the green

Golf. Fast friends Webb Simpson and Bubba Watson tied as major champions

In a little more than six months, they shared the stage in a playoff, became fast friends through their faith and then partners in the Presidents Cup.

Webb Simpson and Bubba Watson are linked again in ways they never imagined.

Major champions.

Simpson joined the most important fraternity in golf Sunday at the Olympic Club with a flourish of birdies and a steady diet of pars at the end.

On a leaderboard loaded with possibilities at the U.S. Open, his name did not stand out. Simpson was playing in only his fifth major, and his second U.S. Open. He had missed the cut in his last two tournaments. And he was six shots out of the lead when he walked off the fifth green with his second bogey of the day.

Some four hours later, Simpson sat in the clubhouse with his pregnant wife, Dowd. They watched Jim Furyk hit into the bunker on the 18th to eliminate his chances, and then Graeme McDowell miss a 25-foot birdie putt that would have forced a playoff.

"If I was honest with you, I believed in myself (that) I could win a major, but maybe not so soon," Simpson said. "And I just gained all the respect for the guys who have won multiple majors because it's so hard to do."

It was Simpson who called Watson, their caddies and their wives to huddle under an umbrella on the green at Royal Melbourne for a quick prayer after they won a match that set the tone in the Presidents Cup.

Watson and Simpson traded text messages the morning of the final round last year in New Orleans. Watson wound up beating him in a playoff, but the relationship took root. When it became clear they would qualify for the Presidents Cup, they asked U.S. captain Fred Couples if they could be partners. They won three of their matches.

On Sunday, Simpson extended a modest streak that indicates a quiet return of American golf. The Americans now have won the last three majors dating to Keegan Bradley's playoff win at the PGA Championship in August. It had been just over five years since Americans won three straight majors (two of those by Tiger Woods), and more than eight years since three different Americans put together a streak that long.

THE ASSOCIATED PRESS

Quoted

"One of my thoughts on the back nine was, 'I don't know how Tiger has won 14 of these things because of the pressure.' I couldn't feel my legs most of the back nine." Webb Simpson

Diving

Despatie back home after training accident

Canadian diver Alexandre Despatie is back home after injuring his head in a training accident last week in Spain.

A release from the Canadian diving team says he returned to Canada over the weekend and is doing well.

Despatie was preparing for last weekend's Grand Prix when he struck his head on the board Tuesday afternoon.

He suffered a 10-centimetre cut just below the hairline and underwent surgery the following morning to close the wound.

His medical team has said the scar is healing well and there has been no sign of infection.

The two-time Olympic silver medallist will miss at least three weeks of training but he's still hopeful that he'll be able to compete at the London Olympics.

The 27-year-old native of Laval, Que., says he's not doing any interviews right now but plans to provide regular updates on his condition. THE CANADIAN PRESS

Sports in pictures

1 NBA. Ex-ref Donaghy wins $1.3M in book-publishing lawsuit

A Florida jury has awarded a disgraced former NBA referee $1.3 million in a lawsuit against the company that published his memoir.

Tim Donaghy sued Shawna Vercher and her company, VTi Group, in Pinellas County civil court, saying he hadn't been paid. The now-defunct company published Donaghy's 2010 book about referees and the NBA. THE ASSOCIATED PRESS

2 NFL. Saints' Vilma walks out of 'sham' meeting with Goodell

Suspended Saints player Jonathan Vilma left an appeals hearing with NFL commissioner Roger Goodell after about an hour Monday, denying he had a role in New Orleans' bounty program and saying the process is unfair.

The linebacker's attorney, Peter Ginsberg, said the NFL requested an adjournment to Monday afternoon, but he and Vilma refused. Ginsberg called the hearing "a sham" and said Goodell failed to present the evidence on which he based his decision to impose Vilma's season-long suspension. THE ASSOCIATED PRESS

3 Olympics. Windsor's Spencer will fight for Canada in London

Boxer Mary Spencer's Olympic dream is still alive.

The Windsor fighter received word Monday that she was awarded a wild-card entry for the London Olympics. Spencer waited several weeks to learn her fate after failing to clinch a spot at the women's world championships last month in China. THE CANADIAN PRESS

4 NHL. Sabres GM ready to be active at upcoming draft

Buffalo Sabres general manager Darcy Regier has made it no secret that he's ready to play "Let's Make a Deal" at the NHL draft this weekend.

Regier revealed on Monday that he's already been "very active" in trade talks with several teams to gauge what deals might be available. THE ASSOCIATED PRESS

Euro 2012. English keeping confidence in check

While England's European Championship expectations are rising, the unexpected early departures of the Netherlands and Russia have been enough to dampen any overconfidence for coach Roy Hodgson.

The Dutch followed their World Cup final appearance two years ago by losing all three Euro 2012 group stage matches. And Russia was ousted after losing to Greece on Saturday.

While England entered Euro 2012 at a low ebb, a draw against France and a victory over Sweden have given renewed belief about the team's prospects. Only a draw is needed against co-host Ukraine in the final match in Group D on Tuesday to reach the quarter-finals.

"There have been plenty of surprises already and we are not unaware that with expectations building up, we are not maybe underdogs in a game but we are starting to become the favourites," Hodgson said Monday. "But that doesn't change anything as far as we are concerned." THE ASSOCIATED PRESS

Quoted

"When you are playing well it breeds confidence and belief. We have got Wayne Rooney back and everything is positive."

English captain Steven Gerrard on the return of Wayne Rooney to the English lineup.

Roy Hodgson on Monday in Donetsk, Ukraine. GETTY IMAGES

Soccer juggernauts stay alive in Poland

Euro 2012. Italy and Spain move past group stage with dramatic victories

Mario Balotelli of Italy scores against Ireland on Monday in Poznan, Poland. CLAUDIO VILLA/GETTY IMAGES

Spain and Italy confirmed their heavyweight reputations at the European Championship on Monday, advancing to the quarter-finals after winning their final group matches.

Defending champion Spain sealed top spot in Group C by beating Croatia 1-0 with a late goal by substitute Jesus Navas. Croatia's football association faces a UEFA charge on Tuesday over its fans' racist abuse of Italy forward Mario Balotelli last week.

Balotelli came off the bench to score Italy's second goal in a 2-0 victory against Ireland, lifting the Azzurri above Croatia in the standings. Antonio Cassano had opened the scoring for the Azzurri.

Earlier, UEFA president Michel Platini said he was "not happy" with Croatia fans at Euro 2012.

The victories for Spain and Italy will send them from their Poland-based group to quarter-finals in Ukraine against either the co-host, England or France.

Spain will play on Saturday in Donetsk, and Italy goes to Kyiv on Sunday.

Elaborate Spanish possession play failed to create many scoring chances in Gdansk, despite the World Cup winners knowing a 1-0 loss would mean a ticket home.

Iker Casillas, the goalkeeper and captain, saved Spain with a double stop from Croatia's Ivan Rakitic in the 59th minute, then parried Ivan Perisic's low volley in the 79th.

Spain's passage was confirmed when Navas, who replaced Fernando Torres, struck in the 88th, tapping into an empty net from a pass by Andres Iniesta after the pair had broken the offside trap.

Italy knew that a 2-0 win would not be enough in Poznan if Spain and Croatia drew 1-1.

Antonio Cassano continued his impressive recovery from minor heart surgery in midseason to score with a header from a 35th-minute corner, glancing in a header at the near post that had too much pace on it for goalkeeper Shay Given to keep out.

Ireland showed attacking intent after appearing overwhelmed in previous losses, but midfielder Keith Andrews was sent off for collecting a second yellow card in the 89th.

One minute later, Balotelli scored by hooking a volleyed shot over his left shoulder. THE ASSOCIATED PRESS

Spain's Sergio Busquets tackles Croatia's Luka Modric on Monday in Gdansk, Poland. MATT DUNHAM/THE ASSOCIATED PRESS

Racism

Croatia faces UEFA discipline

Croatia's football body faces punishment on Tuesday after anti-racism experts appointed by UEFA reported that the team's fans made monkey noises at Italy's Mario Balotelli, who is black.

Croat fans throwing fireworks also delayed two matches in Poland, while others burned a European Union flag and paraded posters of a convicted war criminal in Poznan city centre.

"I am not happy with the Croatian people," said UEFA president Michel Platini. THE ASSOCIATED PRESS

HELP WANTED

General Help

Full Time & Seasonal Positions Available!
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

Skilled and Technical Help

Customer Service Reps Needed!
We are looking for 25 CSR's to become part of a growing team at Transcom London. $10.50 per hour starting wage, semi-annual increases and a great benefits program await you!
Apply online at www.transcom.com/work

RENTALS

Apartments Unfurnished

Dundas and Hale - 1 BDR $605 + hydro
3 Storey Walk-up, H/W floors, controlled entry, close to park, bus route, amenities.
Avail. Immediately! **519-672-8320**

Rooms Furnished

COZY FURNISHED ROOM
Clean bed/TV/Fridge/Microwave
Quiet Home, number 2 bus Dundas East
$250 bi-weekly, inclusive **519-455-2826**

SERVICES

Music Classes

PIANO LESSONS

From a Performance Faculty Member at the
UNIVERSITY OF WESTERN ONTARIO

Senior piano examiner for
ROYAL CONSERVATORY OF MUSIC EXAMINATIONS

From Beginner to University Entry welcome
Preparation for auditions, exams, recitals and competitions

Full assistance in refining technical, pedagogical and performance skills for the *ARCT Piano Pedagogy* for **TEACHERS**

Downtown Studio or in your home
ALLISON WIEBE MMUS, ARCT
allisonwiebe@gmail.com
519 317-4455

HOUSEHOLD SERVICES

General Services

NORTH RIVER PROJECTS
Residential/Commercial
- Asphalt Laminate Shingling Installation
- Soffits, Fascia & Eavestroughs
- Black Mold removal/treatment

PROFESSIONAL SERVICE AT A REASONABLE PRICE
Call for a FREE Quote! 226-688-6090

ANNOUNCEMENTS

Community Events

YOU ARE INVITED!
London Lesbian Film Festival
llff.ca

Public Screening (18+)
Bending the Lens
20 years of the London Lesbian Film Festival

20 years of controversy, camaraderie and celebration of lesbian film

Thursday
June 21, 2012
7:30p.m. - 9:00p.m.
(doors open at 7:00p.m.)
Museum London
421 Ridout Street North
London
Director
Mary J Daniel

NO COST TO ATTEND

Funding provided by The Ontario Trillium Foundation

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

follow us
like us
metro

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro.
News worth sharing.

SELL YOUR STUFF FOR FREE!
Call 1-800-527-6767 to place your free ad!
Limit 2 per week • Size 1.535" X .542"

Brought to you by:
WIDE RANGE RECYLING
226-234-0493
Servicing London and Area
Servicing Commercial & Residential
www.widerangerecycling.ca

$$CASH$$ PAID FOR SCRAP!
Free Pick up!!
We buy appliances, electronics, vehicles, batteries etc. (anything metal)
JUNK REMOVAL AVAILABLE

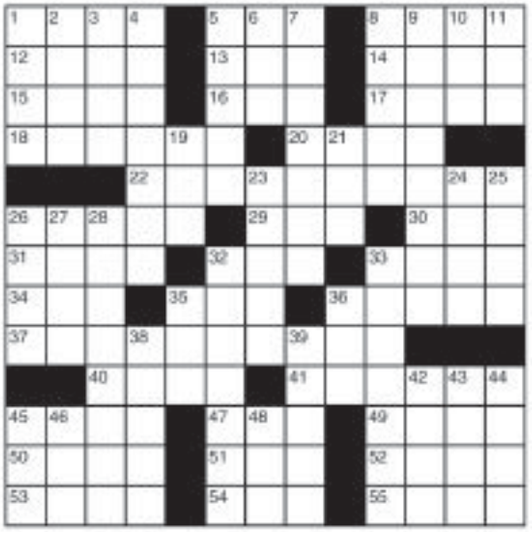
10 pc Dining Room Suite **Includes Hutch and Server on wheels** **Excellent Condition $950** **(519)686-9078**	•54" by 48"mirrors (8 of them) $35 each •5000 btu's Window A/C brand new $100 •Airtech Tower Fan $30 • Beige Leather armchair $100 (519)280-4101	Day light used for depression 2 settings and on an adjustable stand. $60 OBO (226)663-1005	Fresh Water Aquarium Everything included, 8 fish, plants etc. and life time supply of food. **$60.00** (519)204-0054	**Ladies 3/4 Leather Coat (Black)** **Size 16 Good Condition** **$20.00** **(519)434-9500**	Tony Little Delux Gazelle $250 Brother Fax Machine with phone for $50 Small Microwave $10 (519)936-9080
2 Portable commercial steam cleaners Has extra hoses, furniture wands many extras included. **$1500 for both** **(519)204-0054**	Antique nesting tables - $180 Tall brown bookcase - $55 Rectangular table & chairs - $150 Call (519)657-8285	Egyptian Cotton, 1000 thread count sheet set. Double size, rich rose tone on tone color. Feels like silk $35.00 **(519)686-8250**	Gas Scooter - Blue in color! Great Shape - 3 years young! $1000 OBO Call (226)663-5980	Micro fibre Green and Black Wave Chairs $100 for the pair (519)280-4101	Used Bikes Reconditioned Mens, Womens and Childrens All sizes available (226)234-5998
28 inch x 76 inch Glass Shower Door 3/8 thick, with hinges and handle and towel bar. **$297.00** **(519)852-9269**	Armoire 2 door TV cabinet $150.00 Antique White Dresser with oval swing mirror. $700 OBO Excellent condition. 519-936-9080	Exclusive Handmade Tablecloth Brand New, Linen Color Paid $300 Call me and make an offer!!!! (519)434-9500	Golf Clubs Mens Right Hand Bag Clubs, Balls, Tees, Etc $120 for the lot (226)234-5998	**Ornamental Grass,** **large pots $4.50** **Perennial large pots $3.50** **(519)455-6194**	WANTED Large white bowl for old Mix Master, purchased in 1948 Please call **(519)473-5267**
51 inch Hitachi Projection TV $80.00 519-872-1556	Circa 1880 war drawer dresser - $75 Grundig magestic radio record player in cabinet - $25 Call (519)641-8077	Five plexi-glass panels. 65" long by 17" wide. Quarter of an inch thick. Opal finish. $25 for all Call (519)492-1260	GRACO BABY BUGGY Excellent condition $40.00 (519)686-7658	Pentium 4 Computer Windows XP, MS Office ,LCD Flat Screen Computer Monitor Key Board and Mouse **Complete system $125** (519)686-7658	Wanted to buy Die Cast Cars All sizes. Hotwheels, Dinky, old toys. Will buy collections. Will pick up and pay CASH $$$$$ **519-672-1219**

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword

Across
1 Drunkards
5 Intention
8 Prayer closer
12 Milne character
13 Detergent brand
14 Encrust
15 Pound of poetry
16 Pouch
17 Secondhand
18 Oddball
20 Picnic invaders
22 Runts
26 Trite
29 Bit of wordplay
30 Ruby or emerald
31 — and the Tramp
32 Chart format
33 List of options
34 Goose, in Guadalajara
35 Corpulent
36 Surroundings
37 Classroom surprises
40 Swivel
41 Of a people
45 Met melody
47 Bath site
49 My Name Is —
50 Van. counterpart
51 Drop the ball
52 Largest of the seven
53 Gridlock sound
54 CSI evidence
55 Grate

Down
1 Gush forth
2 Creep through the cracks
3 Actress Spelling
4 With keenness
5 Man of morals?
6 Playwright Levin
7 Rhesus monkey
8 Less than 90 degrees
9 Rubbed the right way?
10 — out a living
11 Homer Simpson's neighbour
19 Conk out
21 Sister
23 Stocky, heavy-coated dog
24 Griffey Sr. and Jr.
25 Dirty matter
26 Feed the hogs
27 Mexican entree
28 Certain adjustment
32 Made like Manet
33 Get the sound wrong
35 Bear hair
36 Ran into
38 Charlatan
39 Marty in Madagascar is one
42 Houston acronym
43 Rainbow
44 Applaud
45 Interlaken interjection
46 Pi follower
48 Ode subject



Sudoku

	2	8					6	
6					8		7	
1			9		7	3		
	6			9		8		7
3		5		4			1	
		6	2		5			8
	8		1					4
	3					2	5	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	7	4	1	8	9	5	6	2
8	1	2	6	4	5	9	3	7
9	6	5	2	3	7	1	8	4
1	4	8	9	5	6	2	7	3
2	5	6	3	7	1	4	9	8
7	9	3	4	2	8	6	1	5
6	2	7	8	9	4	3	5	1
4	8	9	5	1	3	7	2	6
5	3	1	7	6	2	8	4	9

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XH WFJ'IB NJGZ NFIB QYBBCW AZRS RTT FAZBI GFNYBAXAFIQ. FSB GFJTC QRW WFJ'IB HRQATW QJYBIXFI.

Yesterday's Cryptoquip: THE CROPLAND IS CHOCK-FULL OF SNAKES. I SUPPOSE YOU MIGHT SAY IT'S FARMED AND DANGEROUS.

Today's Cryptoquip Clue: I equals R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You are not the sort to compromise your beliefs and opinions and that's good because you will be challenged in some way today.

Taurus | April 21 - May 21. Focus on relationships today and don't worry that you might miss out on a money-making opportunity.

Gemini | May 22 - June 20. If there is something about your everyday existence that you would like to change then now is the time to do something about it.

Cancer | June 21 - July 22. You seem to be more curious than usual about your place in the universe. Don't be scared of asking difficult questions: the answers you get will be hugely enlightening, and maybe more than a little bit profitable too.

Leo | July 23 - Aug. 22. Don't back out of a promise today. If you let even one person down your reputation will suffer.

Virgo | Aug. 23 - Sept. 22. No matter how many times you have clashed with someone in the past they will be on your side today.

Libra | Sept. 23 - Oct. 22. You will become aware today that someone has been keeping things from you, but don't get upset or annoyed about it.

Scorpio | Oct. 23 - Nov. 21. Something that never made much sense before will start to make sense today. A lot of questions that did not seem to have answers will somehow resolve themselves and you'll marvel at just how simple it all is.

Sagittarius | Nov. 22 - Dec. 21. There is an art to saying unpleasant things while making them sound reasonable, even helpful, and if you master that art today you will get a lot of things done

Capricorn | Dec. 22 - Jan 20. Be kind to yourself for a change: do something fun and relaxing.

Aquarius | Jan. 21 - Feb 18. You are right and those who disagree with you are wrong. That's the attitude you will adopt today and in getting things done it will take you far.

Pisces | Feb. 19 - March 20. You won't see eye-to-eye with someone you work or do business with today but you don't have to go to war about it.

SALLY BROMPTON

Caption Contest

"I think I can, I think I can."
bilyana

LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

Win!

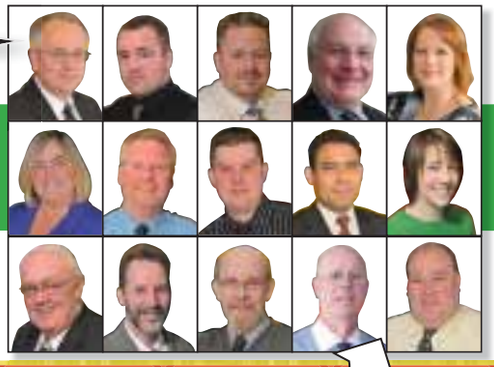
You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

GEAR UP TO END MS
Join the largest cycling series in North America!
Grand Bend to London
July 28-29 • 150 km
For more information and other events visit:
msbiketours.ca

ON ALL NEW IN-STOCK 2012'S - DODGE - CHRYSLER - JEEP - RAM - SRT

OXFORD DODGE EMPLOYEE PRICING



You pay what our dealership employees pay

2012 DODGE GRAND CARAVAN CVP

FEATURES

- 3.6L Pentastar™ 283hp V6
- 6 Speed Automatic
- Up To 36 MPG
- Power Windows/Locks
- Remote Keyless Entry
- Air Conditioning
- Full Stability Control
- Tilt/Telescoping Steering
- 3rd Row Stow-N-Go
- 7 Air Bags
- Power Heated Mirrors
- Tire Pressure Monitoring
- Steering Wheel Audio Controls

OXFORD Exclusive Pricing

MSRP	$29,625
FACTORY REBATE	$8,000
OXFORD DISCOUNT	$1,782
FROM	$19,843
Save-O-Matic	$10,407

$0 5k 10k 15k

From **$112** Bi-Weekly **@** **4.99%** For 96 Months

UpGrade #1

SXT "PLUS"

Craig's Pick!

- Full 2 Row Stow-N-Go
- Middle Row Captain Seats
- Uconnect/Bluetooth
- Rear Heat & A/C
- Middle Row Power Windows
- 16" Alloy Wheels
- Floor Mats
- Sirius Satellite Radio
- Dark Sunscreen Glass
- Roof Rack

JUST ADD **$33** Bi-Weekly

UPGRADE OPTIONS

UpGrade #2

UPGRADE #1 + ENTERTAINMENT GROUP

Liz's Pick!

- **All Options From Upgrade #1**
- 6.5" Touchscreen Radio
- 6 Speakers
- Parkview Back Up Camera
- 9" 2nd Row DVD w/Headphones
- 115 Household Power Outlet
- Video Remote Control
- Two Wireless Headphones
- 28G Harddrive

JUST ADD **$43** Bi-Weekly

Oxford Exclusive No Charge 3-year basic maintenance with the purchase of any vehicle.

$625 VALUE!

All New and Used vehicle retail purchases include No Charge Lube, Oil & Filter and Tire Rotations for a period of 3 years from delivery date. Includes up to 10 Lube, Oil & Filter services (up to 12 for vehicles not equipped with Oil Life Monitors), up to 6 Tire Rotations and an Annual Peace of Mind Inspection.

625 Oxford Street West,
London Ontario

(519) 473-1010

www.oxforddodge.com

Price and Payment is just plus HST & license. Cost of borrowing sample on $10,000 is $2181 O.A.C. Payments are calculated with $750 down. Price on Upgrade #1: $25,566, Upgrade #2: $27,194. Vehicles may not be exactly as illustrated. Offer valid from June 9th to July 3rd, 2012. Dealership Employee pricing valid on any new in stock 2012 Dodge, Chrysler, Jeep, Ram, SRT model. Does not include Fiat or Jeep SRT models. $10,407 'savings' includes $625 value on 3 year N/C maintenance package.